

THE NEXT FAITHFUL STEP.

FOR MEN WHO ARE READY TO KEEP GOING.

Whether this is your first Undivided experience—or you've already taken the first step with us—this is an invitation to go deeper together.

NOVEMBER 12-15, 2026

Arrive Thursday at 5 PM • Depart Sunday at noon

Gilbert, Arizona • 20 minutes from Phoenix International Airport

12 guys max • Scholarships available

Come as you are. Keep going.

This is an invitation to step into something different than most men's conferences or retreats you may have experienced before.

The Undivided Retreat exists for men who are outwardly capable, successful and responsible—yet inwardly often feel disconnected, tired, guarded, overwhelmed or carrying more than they've ever named. Men who lead, provide, build, and serve...but rarely slow down long enough to tend to their inner world, their story, or their emotional life.

For men who have already been part of an Undivided retreat, this is a chance to keep going together—to deepen the brotherhood, build on what has already begun, and take another honest step. For men who are new, you don't need to know the language or have done the work before. You simply need a willingness to show up.

WHAT WE'RE INVITING YOU INTO

A relational path back to the heart and toward soulful living—reconnecting with your inner life and moving forward with grounded presence, connection, and courage.

Not performance. • Not fixing yourself. • Not becoming someone else.
More honest. More connected. More integrated.

TOGETHER, WE'LL MOVE DEEPER INTO

● HEART

Growing your capacity to connect with your heart, emotions, desires and soul—not just your head.

● STORY

Understanding your story and how it shapes your reactions, choices and relationships.

● RELATIONSHIPS

Learning practical, embodied ways to bring that inner work into the relationships that matter most.

● BROTHERHOOD

Practicing openness with one another and learning the power of shared vulnerability.



A PLACE FOR REST, PLAY, AND CONNECTION

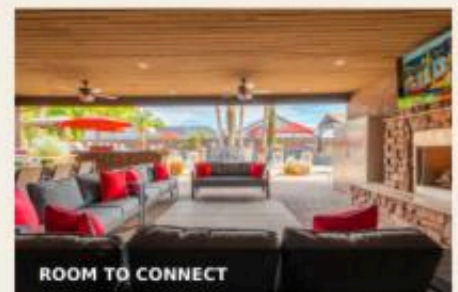
THE EXPERIENCE

Depth and lightness.

Men leave Undivided with greater self-awareness, stronger emotional capacity, a new group of brothers, a more soulful imagination for what God's up to in their lives, and practical tools for living more fully present.

This retreat is a space where you don't have to impress anyone—only stay engaged with your own becoming, alongside other men who are doing the same.

We'll create room for reflection, guided conversations, play and time in the beauty of Arizona—because sometimes your soul needs other men, a river and mountains to tell the truth. And for some, things like a hot tub and a bit of pickleball. :)



OUR LOCATION

This retreat will be held in Gilbert, AZ. Our space offers plenty of room and excellent opportunities for both rest and recreation. The environment itself supports the work—creating space for both depth and lightness, seriousness and joy, structure and freedom.

TAKE THE NEXT STEP.

If something in this resonates—if you sense a quiet invitation rather than pressure—this may be the right next step.

RSVP BY SEPTEMBER 30

DATES

NOV 12-15, 2026

THU 5 PM → SUN NOON

LOCATION

GILBERT, AZ

20 MIN FROM PHX AIRPORT

COST

\$2,000

SCHOLARSHIPS AVAILABLE

SIZE

12 MEN MAX

FIRST COME, FIRST SERVE

A NOTE FOR WIVES

Thank you for your openness to sending your husband.

We know what it asks of a spouse when one steps away for a few days. This work is not about escape or self-indulgence; it's about men becoming more healthy, whole, and emotionally present. Our hope is that the fruit becomes visible and tangible—in marriage through greater availability, humility, and honesty; in parenting through patience, attunement, and presence; and in leadership through grounded, non-reactive strength.

You are not on the sidelines. You are among the primary people we hope will be blessed by this work. Your encouragement matters.

More registration details will follow after you sign up.

ABOUT UNDIVIDED

Divided is no way to live.

UNDIVIDED was born from the lived experience of divided men—outwardly faithful, inwardly fractured.

Men who carried responsibility but lacked space. Who led others but felt alone. Who knew God, yet over time lost connection to themselves.

This is not a performance project. It's a rehumanization journey.

Undivided serves capable, driven, responsible men who appear strong on the outside but feel tired and disconnected within. Formed by a masculinity of pressure—stay strong, stay in control, don't need too much—many discover that this way of living slowly erodes intimacy, community, and joy.

We offer a relational path toward integration, where honesty, emotional literacy, spiritual grounding, and personal responsibility are held together. The aim is not self-improvement, but wholeness—a life marked by presence, integrity, and alignment between faith, character, and daily life.

A divided life is not neutral.

The harm spreads—showing up as distance, silence, anger, unresolved pain, entitled and destructive behaviors, power without presence, strength without soul.

Integrated men create safety. Whole men bring life.

About Jon and Aaron

WE ARE NOT GURUS.

We are men who are learning to walk this path.

For years, from the outside, we both looked like we had it together.



JON DEWAAL

CO-FOUNDER • UNDIVIDED

I carried the image of confidence, responsibility and control, while privately—and often unaware—living with anxiety, insecurity, and the overwhelm of taking on too much.

For 17 years, I've worked as a coach and guide, creating experiences that build faith, resilience, discovery, and courage for people navigating life's most formative transitions.

I live in Edmonds, Washington with my wife, Annie, and our four sons.



AARON BAART

CO-FOUNDER • UNDIVIDED

I led with calm authority as a pastor and university executive, while quietly carrying depression, loneliness, and the pressure to always be "on."

I've served as a church planter in Canada and the U.S. In 2007, my wife and I co-founded One Body One Hope, a church-planting and community-development organization in Liberia.

From 2010–2025, I served as Dean of Chapel at Dordt University and now serve as Dordt's Chief of Staff.

WHY WE DO THIS

To cope, both of us were often isolated and turned to unhealthy behaviors that only ended up deepening the divide within ourselves, bringing harm to those who shared life with us. Both of us longed for real connection and struggled to take steps toward being vulnerably known in ways that were healthy and sustainable.

Undivided was born from our own journeys toward integration. We are learning that true strength isn't about managing appearances or carrying life alone—it's about presence, honesty, brotherhood, and accountability. We are seeing firsthand how living undivided transforms a life: reconnecting men to their inner world, deep relationships, and leadership rooted in wholeness rather than shame.

Our role is not to fix you—but to walk with you, witness you, and help you come home to yourself—with the company of other men.